Recovery Kernel

[redacted]

[redacted] — [redacted]

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⚠ [redacted]

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[illegible]

[illegible]: [illegible], [illegible] — [illegible]? [illegible], [illegible].

- **[illegible] 1 — [illegible]. [illegible] (Whole-genome sequencing) $\rightarrow$ [illegible] VCF [illegible] $\rightarrow$ [illegible].** [illegible], [illegible].
- **[illegible] 2 — [illegible]. MTHFR ([illegible]), COMT ([illegible]), CYP2D6 ([illegible]), GABRA2/GABRB3 [illegible] ([illegible]), [illegible] OPRM1/DRD2 [illegible].** [illegible], [illegible].
- **[illegible] 3 — [illegible].** [illegible]. [illegible].
- **[illegible] 4 — [illegible]. [illegible] (stimulant) [illegible] (dissociative) [illegible]. [illegible]: [illegible], [illegible], [illegible].**
- **[illegible] 5 — [illegible], [illegible] —** [illegible], [illegible].
- **[illegible] 6 — [illegible] AI [illegible].** [illegible], [illegible] **AI** [illegible], [illegible].

> [illegible]
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> [illegible], [illegible], [illegible]. [illegible] — [illegible] — [illegible]. [illegible], [illegible], [illegible], [illegible].

[illegible] 1 — [illegible]

[illegible]. [illegible]: [illegible] $\rightarrow$ VCF $\rightarrow$ [illegible]

[illegible]: [illegible] (VCF) [illegible], [illegible], [illegible]. [illegible]:

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□□□□□□□□ SNP □□□ (23andMe, Ancestry)	MTHFR, COMT, DRD2, □□□□□ CYP □□□□□ □□□□□□□□□ ~700k □□□□□-□□□□□ □□□□□ SNP □□□□□□ .txt □□□.	قبول □□ □□□□ □□□□□□ □□□□□. VCF □□□□□ □□□□□□□□□□□□□□□, □□□□ □□□□□□□□□□ □□□□□□□ □□□. □□□□□□□□ □□□□ (□□□□) □□□□ □□□□□□□□□ (~$12) □□□□□□□ □□□□.
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[illegible] 2 — [illegible]

[illegible]; [illegible]. [illegible], [illegible].

[illegible] 1 — MTHFR ([illegible])

[illegible]. [illegible]. MTHFR [illegible] — [illegible], [illegible] 40% [illegible].

[illegible]	[illegible]	[illegible]
C/C ([illegible])	~[illegible]% [illegible].	[illegible]; [illegible].
C/T ([illegible])	~60–65% [illegible].	[illegible], [illegible].
T/T ([illegible])	~30-40% [illegible]; [illegible].	[illegible] - [illegible], [illegible].
[illegible] (C/T + A1298C A/C)	[illegible]; [illegible]/[illegible] [illegible].	[illegible]/[illegible] [illegible].

MTHFR [illegible]

[illegible] T [illegible] → [illegible] ([illegible]) [illegible]. [illegible]; [illegible], [illegible]. [illegible]. [illegible] / L-[illegible] / 5-MTHF / [illegible].

[illegible] 2 — COMT ([illegible]: [illegible]/[illegible])

[illegible] — [illegible]. ([illegible]-[illegible] Met/Met [illegible] 'Worrier' [illegible] 'Sage' [illegible]; [illegible].)

[illegible]	[illegible]	[illegible]
Val/Val	— [illegible]	[illegible]; [illegible]. [illegible]. [illegible], [illegible], [illegible].

[illegible]	[illegible]	[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]/[illegible]	[illegible] / [illegible] [illegible] — [illegible] [illegible]	[illegible] [illegible] [illegible]. [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] - [illegible] [illegible].
[illegible]/[illegible]	[illegible]	[illegible]; [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] 3 — CYP2D6 ([illegible] [illegible])

[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] '[illegible] [illegible]' [illegible].

[illegible]	[illegible]	[illegible] [illegible] [illegible]
[illegible] [illegible] (PM)	[illegible]. [illegible]/[illegible] [illegible] [illegible] [illegible].	[illegible] [illegible]. [illegible] [illegible]. Naloxone [illegible].
[illegible] (IM)	[illegible] [illegible].	[illegible] [illegible] [illegible].
[illegible] (NM)	[illegible].	[illegible] [illegible].
[illegible] (UM)	[illegible]; [illegible] [illegible].	[illegible]. [illegible] [illegible] [illegible].

[illegible] 4 — GABRA2 / GABRB3 ([illegible] [illegible])

[illegible] (impulse-control axis), [illegible] GABRA2 [illegible] (inhibitory tone) [illegible] - [illegible] '[illegible]' [illegible]. [illegible] [illegible]. [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] (receptor architecture) - [illegible] [illegible] [illegible].

[illegible]	[illegible]	[illegible] [illegible] [illegible]
GABRA2 [illegible] [illegible] (rs279858 [illegible]-[illegible]) — ~15–	[illegible] [illegible]. [illegible] [illegible] [illegible]	[illegible]/[illegible] '[illegible] [illegible]' [illegible]. [illegible]-

[illegible]	[illegible]	[illegible] [illegible] [illegible]
20%	[illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible]. [illegible]-[illegible] [illegible] [illegible].
GABRA2 [illegible]-risks — ~30–35%	[illegible] GABA [illegible].	[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible].
GABRB3 [illegible] [illegible] (risk variant)	[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible]/[illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible]?

[illegible] [illegible] [illegible] [illegible]. [illegible] **ariant**[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **circuit** [illegible] [illegible] [illegible]. [illegible] **GABRA2** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]: **GABRA2** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] (**[illegible]**, [illegible]**in**, [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]), [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].

[illegible] 5 — OPRM1 [illegible] DRD2 ([illegible] [illegible])

- **OPRM1 A118G. G-[illegible] [illegible] (AG/GG)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **Naloxone** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- **DRD2 Taq1A ([illegible] [illegible]). A1** [illegible] [illegible] **~30%** [illegible] **D2** — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]: [illegible] [illegible] '[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible],' [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] **(UMP + DHA + CDP-choline)** [illegible] [illegible] [illegible].

[illegible] 3 — [illegible]

[illegible]ariant[illegible] - [illegible]. [illegible], [illegible]. [illegible].

[illegible]	[illegible]	[illegible]
[illegible] - MTHFR [illegible]/[illegible] + COMT [illegible]/[illegible]	[illegible] + [illegible]	[illegible]. [illegible] /[illegible]/[illegible], [illegible]. : [illegible] 15[illegible], [illegible] 800[illegible], SAMe 800[illegible], [illegible], [illegible].
[illegible] - MTHFR [illegible]/[illegible] + COMT [illegible]/[illegible]	[illegible] + [illegible]	[illegible], [illegible], [illegible]. [illegible] '[illegible]' [illegible]. : [illegible] 7.5[illegible], [illegible], [illegible], [illegible], [illegible], [illegible].
[illegible] — CYP2D6 PM/UM + MTHFR/COMT	[illegible] + [illegible]	[illegible] '[illegible]'[illegible]. [illegible] ([illegible] CYP2D6 [illegible]). : [illegible]; Naloxone [illegible].
[illegible] - GABRA2 + COMT Val/Val	[illegible] + [illegible]	[illegible]; GABA [illegible]. : [illegible] + [illegible]-[illegible] + [illegible].
[illegible] — GABRA2 + COMT [illegible]/[illegible]	[illegible] + [illegible]-[illegible]	[illegible]. : [illegible] + [illegible]; [illegible]/[illegible].
[illegible]-[illegible] - GABRA2 + MTHFR [illegible]/[illegible]	[illegible] + [illegible]	[illegible]: [illegible]. [illegible]-[illegible].

[illegible]

[illegible]: **MTHFR-[illegible] →** [illegible]**. COMT Val/Val →** [illegible]**. COMT Met/Met →** [illegible]

[redacted]	[redacted]	[redacted]
[redacted]. **GABRA2 →** [redacted]. **CYP2D6** [redacted] **→** [redacted] [redacted] [redacted] **Naloxone** [redacted] [redacted]. **DRD2 A1 →** [redacted] [redacted] [redacted] [redacted] [redacted]. [redacted] **4–5** [redacted] [redacted] [redacted] [redacted] [redacted]

[illegible] 4 — [illegible]

[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] / [illegible] [illegible] (Depleted Worrier) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

- [illegible] [illegible] [illegible]: **COMT Met/Met,** [illegible] **+ MTHFR T/T; OPRM1** [illegible] **CYP2D6** [illegible] [illegible] [illegible] [illegible].
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GENETIC VARIANTS: MTHFR C677T ___ · MTHFR A1298C ___ · COMT Val158Met ___ (Warrior/Balanced/Sage) · CYP2D6 ___ (PM/IM/NM/UM) · CYP2C19 ___ · GABRA2 ___ · GABRB3 ___ · OPRM1 ___ · DRD2 ___

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